

Welcome Back



New Beginnings

Center for Contemporary Adults 60+
at Riverdale Y

July 2021 Newsletter

FUNDED BY THE NEW YORK CITY DEPARTMENT
FOR THE AGING AND YOUR CONTRIBUTIONS

UJA  **Federation**
of New York

New and Noteworthy at the Center

Mon 7-1 1pm

Chair Yoga

The first class will be on-line. Following weekly classes meet in person. With Pammi Anandani.

Tues 7-12 10:15am

Functional Movement

Terry Roche will resume teaching this in-person weekly class focused on stretching and strengthening for daily living. Participation is limited to ten members and pre-registration online or with Vicki Matalon is required.

Mon 7-12 10:15am

NEW Discussion Group: *Transitions*

The first of a three-week series of discussions to help you re-emerge into the world as the pandemic subsides. The July 12 group will take place online. July 19 and July 29 discussions will be held at the Y. With Lydia Ecker, LMSW.

Tues 7-13 1pm

Short Stories Class

The Standard of Living, by Dorothy Parker

Discussion facilitated by William Stock, Center Member. Let Vicki Matalon know by July 7th if you want to join this class and need her to email you a copy of the story. (vmatalon@riverdaley.org; 347-913-439).

Wed 7-14 2pm

Virtual Program: Book Lecture & Slides

Award-winning author, Andrea Simon, takes you down memory lane with a talk about her latest book, *Floating in the Neversink*. The book follows a sensi-

tive, impressionable young Jewish girl through the evocative summers in the Catskill mountains, interspersed with Brooklyn/ Flatbush from 1955 - 1961. A testament to the power of survival, friendship & love.

Thurs 7-15 1:30pm

Lecture & Slides: *Highlights of the Jersey Shore*

The New Jersey shore has more to offer than soft sand, sun and surf.

Take the plunge and travel with us from Sandy Hook to Cape May. You'll discover an array of fascinating towns and history. Lighthouses, beaches, forts, historic buildings, and shipwrecks are among the discoveries. With Mario Medici, Lecturer & Licensed NYC Tour Guide. Limited seating and pre-registration online or with Vicki required.

Tues 7-20 1:30pm

Concert

With Philip, Singer/Musician on drums and track beats, a high baritone with ever loving charm and a bubbly personality. Performing Pop Hits, Broadway, Jazz Standards, International Music, Caribbean, Swing, Classic Rock, & Motown from the 1940's - 1980's. Music to suit all tastes. Limited seating and pre-registration online or with Vicki required.

Mon 7-26 3:00pm

Virtual Health Talk:

Know the 10 Signs of Dementia--Early Detection Matters

Presented by Licet Valois, LMSW, Care & Support Program Manager
Alzheimer's Association.

DOROT SUMMER INTERGENERATIONAL VIRTUAL PROGRAM



Taste of Memories with Shani Aslan

Mondays (August 2, 9, 16) 11:00-12:00

A way to remember through food and love. We will cook and taste (privately) the suggested dishes, hear stories, and explore the memories of fallen Israeli soldiers. No cooking experience necessary.

Tech Help/Google Workspace facilitated by DOROT Interns - Mondays (August 2, 9, 16) 11:00-12:00

Get remote tech support and step-by-step guides that help you solve technical issues yourself with a special focus on Google Workspace programs (i.e., Gmail, sheets, slides, calendar, etc.).

Intergenerational Brain Games facilitated by DOROT Interns - Mondays (August 2, 9, 16) 1:00-2:00 pm

Keep your mind fresh and challenged through word and picture puzzles. Teens will teach simple games that can be easily played over Zoom using pen and paper. We will meet together in a large group to learn and split into small groups to play.

Men's Group facilitated by Matt Abrams Gerber - Mondays (August 2, 9, 16) 1:00-2:00 pm

Join the Riverdale Y's COO, Matt Abrams Gerber, along with several of our male teen interns as we explore gender-specific topics.

"Where do we go from here?" (art class) with Nancy Katz - Tuesdays (July 27, August 3, 10 and 17) 10:30-Noon

Using resources from Manhattan's Jewish Museum we'll creatively explore themes of belonging, community, and re-emerging after a year that stopped us all in our tracks. With simple art supplies that will be sent to participants prior to the first class, we'll form new connections and strengthen old ones while rediscovering curious parts of ourselves. Art phobics welcome.

DOROT SUMMER INTERGENERATIONAL VIRTUAL PROGRAM (Continued)

Game Show Live facilitated by DOROT Interns- Tuesdays (July 27, August 3, 10 and 17) 10:30-Noon

Have you ever wished to compete on some of your favorite game shows? Do you often know the right question to ask on Jeopardy? Are you upset when the contestants continually use the letters R, S, and T only to find they are nowhere in the word on Wheel of Fortune? Join our DOROT Teen Interns for an interactive gaming experience where you actually play as a participant in the show.

Short Stories with William Stock - Tuesdays (July 27, August 3, 10 and 17) 1:00-2:15 pm

Join us on a weekly adventure as we explore stories privately on our own, then come together to unpack what we experienced. Stories will be shared in advance of each session

Improv-on-It with Frank Ingrasciotta - Tuesdays (July 27, August 3, 10 and 17) 1:00-2:15 pm

In this fun acting workshop, we will learn basic interpersonal skills that engage spontaneity, creative imagination, and story building. The class will culminate with a short five-minute public reading. No prior experience necessary.

Writing Group facilitated by New Beginnings Members - Wednesdays (July 28, August 4, 11 and 18) 10:00-11:30 am

Participants write a story, at home, based on suggested prompts and then meet each week to share and discuss. Budding writers welcome.

Drawing on Chagall with Danny Hauben - Wednesdays (July 28, August 4, 11 and 18) 10:00-11:30 am

An introduction to basic drawing techniques coupled with an introduction to the artist Marc Chagall. Participants will learn to use charcoal and pastels, along with line, shape, tone, and shading, in order to become better visual communicators. The class will also learn about Marc Chagall's life and work, sharing their responses and insights with each other. No prior experience necessary.

Dor L'Dor: Conversing Across Generations with Rabbi Amir Zinkow - Wednesdays (July 28, August 4, 11 and 18) 10:00-11:15 am

In these 4 sessions, we will engage in conversations inspired by Jewish texts. Topics such as knowledge and values, changing family structures, and loneliness, will be discussed. Each session will explore generational experiences and ideas related to the topic. Curious thinkers welcome.

DOROT SUMMER INTERGENERATIONAL VIRTUAL PROGRAM (Continued)

Social Issues through a Jewish Lens with Jacob Kaplan-Lipkin (DOROT Educator)

- Wednesdays (July 28, August 4, 11 and 18) 1:00-2:15 pm

Join DOROT Teen Interns to explore what Jewish tradition, history, and wisdom can teach us about a variety of current social issues.

Women's Group facilitated by Sharon Asherman - Wednesdays (July 28, August 4, 11 and 18) 1:00-2:15 pm

Join Sharon Asherman, New Beginnings Director, along with several of our female teen interns as we explore gender-specific topics.

Poetry Class with Deborah Kolb - Thursdays (July 29, August 5, 12 and 19) 10:30-11:30 am

We will consider poetry through the prism of intergenerational dialogue, with a specific focus on Jewish poets and Jewish content. Seniors and DOROT Teen Interns will interact with each other by way of exploring poetry prompts, sharing ideas, experiences, and personal writing.

Together at home with Yiddish (*Tsuzamen in der heym*) with Madeline Solomon - Thursdays (July 29, August 5, 12, and 19) 10:30-noon

Through singing songs, looking at Yiddish language and art, and sharing photos, anecdotes and recipes, meaningful relationships will develop between participants in this rich, experiential program.

"Our Liberation is Bound Together": Creative Conversations about Breaking Down Bias with Allison Lerman-Gluck

Thursdays (July 29, August 5, 12, and 19) 1:00-2:00 pm

In this four workshop series, we will interrogate our understanding of bias through collaborative activities, personal storytelling, and group discussion. In this intergenerational space, we will work together to envision a just and equitable world.

RadioLive! facilitated by DOROT Interns - Thursdays (July 29, August 5, 12, and 19) 1:00-2:00 pm

Recreate some of your favorite radio moments in this intergenerational offering. With scripts in hand, be ready to read aloud to a wide array of authentic radio broadcasts alongside our DOROT teen interns.

COVID –19 REQUIREMENTS

Masks and social distancing are required for participation in any Older Adult Center Activity as per current NYC Dept. of Health rules. You may take your mask off while you are seated for lunch . Daily temperature check and COVID screening questions are required. Thermometers are on the second floor and outside the B-2 level gym. Staff can provide you with masks and hand sanitizer if needed.

STAFF NEWS

Please join us in welcoming Toby Boisseau, our Office Manager, back from medical leave .

Wishing a warm farewell to Jacob Weiland who has worked at the Center for the past fifteen years leading groups and providing telephone reassurance to our members.

Thank you to Inna Kadaev for covering for Toby during her leave. Inna will remain on staff in our fiscal office where she will handle accounts payable for New Beginnings and the rest of the Y.

IMPORTANT NUMBERS

Older Adult Office (Toby)(347) 913-4444
Fax.....(718) 432-9342
The Y Main Reception Desk..... (718) 548-8200
Transportation Reservations(718) 548-8200 ext. 225
Director (Sharon)(347) 913-4390
Social Services (Lydia) (347) 913-4391
Programs (Vicki).....(347) 913-4395
Volunteers (Alexandra).....718) 548-8200 ext. 223

New Beginnings

Center for Contemporary Adults 60+

RIVERDALE YM-YWHA
5625 ARLINGTON AVE.
BRONX, NY 10471
347-913-4444

www.riverdaley.org

Offers opportunities to socialize, catch up with old friends, make more friends, and get involved in a new community. Membership is free for adults aged 60+. Register in-person. Monday through Friday 8:30 AM to 4:00 PM.

Riverdale Y Leadership

Deann Forman,
Chief Executive Officer
Sarah B. Crowe, President

Sharon Asherman, LMSW
Senior Center Director